

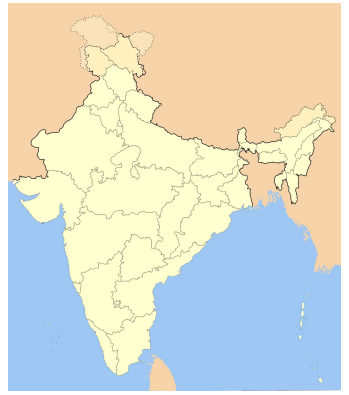
# INTRO TO AYURVEDA

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LET'S TAKE A QUICK VIKRTI QUIZ!

## AYURVEDA...

- HOLISTIC (AND INTEGRATIVE)
- INDIVIDUALIZED
- ORIGINATED IN INDIA AND IS THE OLDEST, CONTINUALLY PRACTICED HEALTH CARE SYSTEM.
- FOCUSES ON LIVING IN HARMONY WITH THE RHYTHMS OF NATURE.
- FOCUSES ON FINDING BALANCE.
- USES FOOD, ACTIVITY, MEDITATION, YOGA, BREATHING TECHNIQUES/PRANAYAMA, HERBS AND MORE TO ASSIST THE INDIVIDUAL TO FIND BALANCE.



# THE 5 GREAT ELEMENTS



SPACE/ETHER



AIR



FIRE



WATER



EARTH

# THE DOSAS/DOSHAS

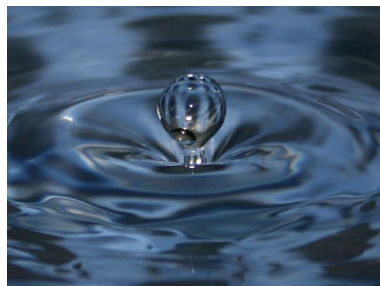
VATA = SPACE AND AIR



PITTA = FIRE AND WATER



KAPHA = WATER AND EARTH



DID YOU COMPLETE THE DOSHA VIKRTI QUESTIONNAIRE?

# 20 OPPOSITES USED TO DESCRIBE EVERYTHING: THE GUNAS

## 20 gunas

| English for building | Sanskrit  | Scale       | Sanskrit       | English for lightening |
|----------------------|-----------|-------------|----------------|------------------------|
| heavy                | guru      | weight      | laghu          | light                  |
| slow/dull            | manda     | intensity   | tiksna         | sharp/penetrating      |
| cold                 | hima/sita | temperature | usna           | hot                    |
| oily/unctuous        | snigdha   | emolliency  | ruksha         | dry                    |
| smooth               | slaksna   | texture     | khara          | rough                  |
| dense/thick/solid    | sandra    | viscosity   | drava          | liquid                 |
| soft                 | mrdu      | rigidity    | kathina        | hard                   |
| steady/stable        | stirah    | mobility    | <u>cala</u>    | mobile/unsteady        |
| bulky/tangible       | sthula    | density     | <u>susksma</u> | subtle/minute          |
| slimy/cloudy/sticky  | picchila  | adhesion    | visada         | clear                  |

# GUNAS OF EACH DOSA

From Banyan Botanicals

| Dosha | Qualities                                                                    |
|-------|------------------------------------------------------------------------------|
| Vata  | Dry, Light, Cold, Rough, Subtle, Mobile, Clear                               |
| Pitta | Hot, Sharp, Light, Liquid, Spreading, Oily                                   |
| Kapha | Heavy, Slow, Cool, Oily, Smooth, Dense, Soft, Stable, Gross, Cloudy (Sticky) |

# DAILY PRACTICES (DINACARYA)

1. WAKE UP EARLY - PREFERABLE WHEN THE SUN COMES UP.
2. DRINK WARM WATER. EVEN BETTER: BOILED WATER THEN ADD LEMON.
3. CLEANSE THE MOUTH: SWISH WITH WATER OR OIL, SCRAPE TONGUE, BRUSH TEETH.
4. TAKE A WALK/DO YOGA/ACTIVITY IN THE MORNING.
5. SHOWER IN THE MORNING BEFORE CONSUMING FOOD.
6. ALLOW FOOD TO BE DIGESTED BEFORE EATING MORE FOOD ("3 SQUARES").
7. TO BED BEFORE 10 PM.

